

Weight Watchers Meal Plan SUNDAY November 2nd

B: [Breakfast Pizza Casserole](#) (5 points)

L: [Chicken Cordon Bleu Quesadillas](#) (7 points)

D: [Chicken Alfredo Bubble Up](#) (5 points)

Dessert: [Caramel Squares](#) (4 points)

Total WW Points: 21+

Notes: Flatout no longer makes wraps, so for the chicken cordon bleu quesadillas, just use your favorite low carb wraps.

Weight Watchers Meal Plan MONDAY November 3rd

B: [Maple Pecan Banana French Toast](#) (6 points)

L: [Buffalo Chicken Roll](#) (4 points)

D: [Chicken Rice Crescent Casserole](#) (8 points)

Dessert: Leftovers

Total WW Points: 18+

Notes: Maple Pecan Banana French Toast - does anything sound more fall than that? Happy Monday!

Weight Watchers Meal Plan TUESDAY November 4th

B: Leftovers

L: [Chicken Lasagna Roll Ups](#) (2 points)

D: [Meatlovers Chili](#) (5 points)

Dessert: [Dark Chocolate Cranberry Oatmeal Cookies](#) (3 points)

Total WW Points: 10+

Notes: I love these dark chocolate cranberry oatmeal cookies in the fall. They healthy - like granola, but have that perfect chocolatey kick.

Weight Watchers Meal Plan WEDNESDAY November 5th

B: [Egg White Breakfast Cups](#) (1 point)

L: Leftovers

D: [Crockpot Buffalo Chicken Mac and Cheese](#) (5 points)

Dessert: [S'mores Banana Bread](#) (4 points)

Total WW Points: 10+

Notes: Yes, you can spruce up regular banana bread to a s'mores version (and I recommend you do!)

Weight Watchers Meal Plan THURSDAY November 6th

B: [Easy Apple Cinnamon Rolls](#) (7 points)

L: [Chicken Pot Pie Soup](#) (3 points)

D: Leftovers

Dessert: [Apple Crumb Donut](#) (3 points)

Total WW Points: 13+

Notes: Chicken pot pie soup may sound weird at first, but it's all of the best parts of chicken pot pie. Serve some biscuits on the side (if you have the points for it) for a very hearty meal.

Weight Watchers Meal Plan FRIDAY November 7th

B: [Veggie Breakfast Taco Bowls](#) (3 points)

L: [Pepperoni Twists](#) (2 points) + Rotisserie Chicken (for some extra protein!)

D: [Loaded Nacho Casserole](#) (7 points)

Dessert: [Chocolate Peanut Butter Cookies](#) (2 points)

Total WW Points: 14

Notes: I love a simple lunch on Fridays (like these pepperoni twists). It helps me get into the weekend mood, so I hope you embrace these as much as I have.

Weight Watchers Meal Plan SATURDAY November 8th

B: [Caramel Banana Bread](#) (4 points)

L: [Spinach Cucumber Chicken Wraps](#) (3 points)

D: [Bubble Up Lasagna](#) (7 points)

Dessert: [Pumpkin Pecan Pinwheels](#) (2 points)

Total WW Points: 16

Notes: These pumpkin pecan pinwheels are perfect for a fall festival party, so keep them in mind for your next one!

Check your pantry and fridge for any of these listed items before heading to the grocery store.

Grocery List

Proteins

- Boneless skinless chicken breast

- Extra lean ground beef
- Chicken sausages (Al Fresco brand)
- Back bacon
- Lean deli ham
- Eggs
- Liquid egg whites

Dairy & Refrigerated

- Light cream cheese
- Reduced fat shredded mozzarella
- Reduced fat shredded cheese
- Shredded asiago cheese
- Light swiss cheese
- Light ricotta cheese
- Fat free cottage cheese
- Grated parmesan cheese
- Skim milk
- Plain 0% Greek yogurt
- Vanilla 0% Greek yogurt
- Light butter
- Reduced fat margarine

Fresh Produce

- Large banana
- Apples (peeled and diced)
- Diced apple
- Red onion
- Diced onion
- Green onion
- Red pepper
- Green pepper
- Tomato
- Diced tomato
- Jalapenos
- Minced garlic cloves
- Garlic cloves
- Diced celery
- Diced carrots
- Fresh spinach
- Diced cucumber
- Fresh thyme

Frozen Items

- Broccoli
- Home fries
- Corn and peas
- Mixed vegetables

Pantry/Dry Goods

- Oats (Quaker oats, quick oats)
- All purpose flour
- Lasagna noodles
- Brown rice, white rice
- Whole wheat macaroni pasta
- Low calorie multigrain bread
- Bread crumbs
- Panko bread crumbs
- Crushed graham crackers
- Graham crackers
- Tostitos chips
- Dried cranberries
- Chopped pecans
- Mini chocolate chips
- Peanut butter chips
- Corn starch

Canned/Jarred Goods

- Low fat cream of chicken soup
- Chicken broth
- Diced tomatoes
- Tomato paste
- Reduced fat pasta sauce
- Reduced fat alfredo pasta sauce
- Pizza sauce
- Salsa
- Franks hot sauce
- Pure pumpkin puree
- Unsweetened applesauce

Oils & Condiments

- Olive oil
- Light ranch dressing
- Sugar free caramel sauce
- No sugar added maple syrup
- Honey
- Pesto

Spices & Seasonings

- Vanilla extract
- Ground cinnamon
- Paprika
- Chili powder
- Red pepper flakes
- Italian seasoning
- Dried oregano
- Dried parsley
- Cajun seasoning
- Basil
- Rosemary
- Turmeric
- Salt
- Black pepper

Sweeteners

- Brown sugar
- Sugar

Baking Supplies

- Baking powder
- Baking soda
- Unsweetened cocoa powder
- Marshmallow fluff

Bakery/Bread Items

- Pillsbury biscuits (7.5 oz packages)
- Reduced fat crescent rolls
- Pillsbury cinnamon rolls with icing
- El Paso whole grain tortilla bowls

- Low Carb wraps

Specialty Items

- Caramilk bar (50g, frozen)
- Lindt 70% dark chocolate squares
- Regular pepperoni slices
- Lemon (for juice)